

Farm



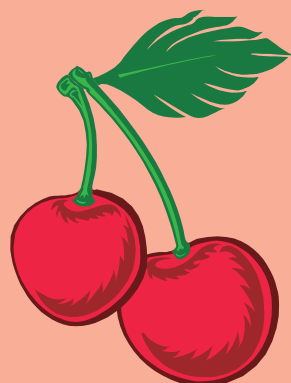
Fresh

June 2007

Available Now...

Cherries

A welcome treat in mid-June, Colorado cherries are perfect for baking and cooking. Not only are they low in fat and sodium free, they are also a good source of fiber and Vitamin C.



Look for fresh Colorado cherries at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit www.coloradoagriculture.com for a complete list of recipes.

Tempura Cherries on top of Cherries Jubilee

Chef Justin Barbour, ACF Colorado Chefs Association

Serves 4-6

Tempura Cherries

Frying oil

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|-----------|------------------------|
| 1/2 cup | All-purpose flour |
| 1/2 cup | Cornstarch |
| 1/2 tbsp. | Baking powder |
| 1 cup | Ice cold water |
| 1 tsp. | Oil |
| 1 tbsp. | Powdered sugar |
| 20 | Sweet cherries, pitted |

Heat frying oil in either fryer or heavy metal pan to 350 degrees. Place water and oil in a bowl and add sifted flour, baking powder, powdered sugar and cornstarch all at once. Mix using as few strokes as possible. Consistency should be slightly lumpy. Add more water if needed. Dip cherries in batter making sure to completely coat (more is better than not enough). Drop directly in heated oil for 10 to 15 seconds or until crunchy on the outside and warm on the inside.

Cherries Jubilee

- | | |
|---------------------|---|
| 1 stick | Butter |
| 1 cup | Sugar |
| 1 pound | Sweet cherries, pitted |
| Juice of one orange | |
| Zest of one orange | |
| 1 tbsp. | Cornstarch |
| 1 tbsp. | Cold water |
| 1 cup | Cherry brandy (or try Peak Spirits Organic Cherry Eaux-de-Vie from Hotchkiss, CO) |

In large sauce pan melt stick of butter. Add sugar and cook until sugar dissolves, about 2 minutes. Add cherries, orange juice and orange zest then sauté for 3 minutes. In small cup, add cornstarch and water together to make a slurry. Add slurry to mixture, and cook for another minute. Remove pan from heat and add cherry brandy. Place pan back on heat and shake. Pan should ignite. If it doesn't, ignite with match. Serve with tempura cherries and ice cream.

Enjoy with a Colorado wine, such as a glass of Cherry wine from Balistreri Vineyards, located in Denver, Colorado.

Next Month...

Broccoli